

Joe Linn Massage Newsletter

July 2014

Member, Associated Bodywork & Massage Professionals

Massage Therapy Your Wellness Strategy

Nora Brunner

For many people, massage and bodywork are a critical part of their health and wellness strategy--an idea medical professionals are increasingly embracing. In a recent online survey, massage devotees talked about their commitment to regular massage therapy. These folks find a way to afford it, regardless of other demands on their resources.

Best Life

"Getting massage has been part of my life since I was in my 20s--I'm now in my 50s," says Los Angeles chef Gisele Perez. Once a modern dancer and now proprietor of a boutique catering company, she considers massage

spiritual guru calls "efforting," it's nice to know that letting go of it all can be just as productive, perhaps even more so.

Some have come to massage because of injuries and found unexpected blessings in their situations. While many first-time massage clients have become acquainted with massage because of referrals from health professionals, there's no need to wait for an injury to prompt you into forming the massage habit.

"I consider professional massage therapy an essential part of my best-life design," says author and psychologist Mollie Marti, who suffered a whiplash injury

*Whoever is
happy will
make others
happy too.*

-Mark Twain



Massage is an important part of a wellness strategy.

necessary to the career she loves. She finds massage helps resolve problems she's grappling with and that solutions arise spontaneously in her thoughts while she's on the table. "I think it maintains my emotional balance," she says. Many massage clients report cathartic experiences when they finally allow themselves to fully relax. With so much of our lives devoted to what one

several years ago in a car accident. "It's been worth every penny," she says of the work that has improved her range of motion and relieved muscle soreness, as well as offered deep relaxation, greater alertness and clarity, and a heightened sense of well-being. "I feel better and am happier and more at peace."

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Office Hours and Contact

Joe Linn Massage

Joe Linn

415-497-3176

By appointment only

Hours available Monday - Saturday

Call today to schedule your massage.

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Professional athletes also use massage strategically before events to help them achieve their best. Research also shows muscles recover more quickly after a workout. For weekend warriors, a massage can help recovery, or also serve as a reward for sticking with an exercise program. That's doubling the return on your investment.

Research shows the cost of a massage has remained fairly steady in recent years, even as other popular pastimes have become more expensive. "Affording it" is a matter of priorities, or at least that's the way 22-year-old Elizabeth Sosa Bailey sees it. She calls her modest Houston public radio station salary "practically a sneeze," yet she manages to get a monthly massage. "My first massage was only 30 minutes, but I fell in love," she says. "It's worth it because it makes me happy."

Being happy is only part of it, since studies show an ever-increasing number of health benefits massage affords. This is an instance where the pillars of intelligently managing your health--prevention and early intervention--come into focus.

Medical Odyssey

Attorney J. Kim Wright of Taos, New Mexico, stressed out over the constant demands on her time after founding a law practice 15 years ago. Those pressures, combined with having a large family at home, soon led to margaritas at a local watering hole with her staff every Friday after work. When coworkers started discussing an additional drinking night on Wednesdays, she got worried about the path she was on. A colleague recommended massage. She scheduled weekly massage appointments, a resource that also helped her cope with a divorce when her life changed direction. The sessions stretched her budget, but became her lifeline, she reports, adding that she often broke into tears the minute she walked through the door for her massage session. "It was the outlet I needed," Wright says.

Christine Stump used to work as a full-time paramedic and continues in a part-time capacity after adding yoga teacher to her career. Massage is how she maintains her emotional balance and avoids injuries that have disabled her coworkers in the "adrenaline-soaked

world of emergency services," she says. "I process my experiences with greater ease," Stump says. "My monthly massage is a tremendous reset button."

A Self-Care Experience

Author and teacher Charlie Adler of Washington, D.C., has been getting regular massage for 10 years, admitting that perhaps he enjoys his job a little too much. Adler is a full-time instructor in wine and cooking and can't help but enjoy the fruits of his--and his students'--labor. Committed to holistic medicine, he says: "Massage is disease prevention for me. It seems wrong to me to wait until you get sick to go to a doctor." The 47-year-old reports he often falls asleep in the middle of his session.

"As a ranked expenditure, massage is up very high," he says. "It has a higher importance than going out to eat and

cable TV ... I rank massage equivalent with faith or religion, or maybe as one component of my belief system. I have missed massage for as long as three weeks just once in 10 years," he says.

Former ballet dancer Luis Perez of Miami, Florida, has been getting massage twice that long. With 20 years of twice-weekly massage, he works in health and fitness, putting his money where his mouth is. "I have given myself permission to make myself a priority," Perez says.

Many people make massage a priority, and you may well be one of them. Know that you have chosen something with real value that benefits your health--both in body and mind.



Incorporate massage into your wellness strategy for best results.

Put Your Best Face Forward

Tess Mauricio

You might be surprised at what can speed up your skin's aging process. Following are several ways to ensure you continue to put your best face forward.

AVOID DRINKING THROUGH STRAWS

I'm sure many of you drink dark sodas, tea, and coffee through a straw to prevent staining your pearly whites or avoid putting your mouth on a can or bottle, right? Unfortunately, it's causing fine lines around your mouth, a sign of premature aging.

TRAIN YOURSELF TO SLEEP ON YOUR BACK

Resting your face on the pillow in the same way every night for years leads to wrinkles, which eventually become etched on the surface of the skin and no longer disappear the next morning.

PULL DOWN THE SHADE IN AN AIRPLANE

You're much closer to the sun in a plane than on land, and ultraviolet (UV) rays, which can penetrate windows, are more intense at higher altitudes. Pilots and flight attendants have been found to be

at an increased risk for melanoma and other skin cancers.

BEWARE BEAUTY CREAMS WITH TOXIC INGREDIENTS

Exposure to some beauty cream chemicals does more harm than good. Know your ingredients and consult with your skin care professional to make the best possible product selections. Some experts caution against the use of creams that contain dimethicone, mineral oil, parabens, paraffin, and petrolatum.

CLEAN GLASSES AND SUNGLASSES

Bacteria on the eyeglass frame will sit directly on your face for an extended period of time. Simply wipe clean with an antibacterial cloth each day.

WASH AWAY CHLORINE

After a dip in the pool or hot tub, wash your face with a cleanser to remove all chemical residues, and be sure to moisturize afterward.

Tess Mauricio, MD, is the founder and

owner/operator of multiple cosmetic dermatology centers throughout Southern California. She is currently a fellow of the American Board of Dermatology, and diplomate of the American Academy of Dermatology. Learn more online at www.scrippsderm.com.



Wash your face to remove residue.

Gifts of Green Tea

Jed Heneberry

Green tea, the most popular beverage in the world, has long been valued for its positive effects on a variety of health problems. WebMD cites a decade of research on green tea's benefits--fighting cancer and heart disease, lowering cholesterol, burning fat, preventing diabetes and stroke, and more.

Sourced from an Asian tea plant known as *Camellia sinensis*, green tea is processed less than other styles of tea, which results in less oxidation and therefore better retention of nutritional value. Much of the credit for green tea's track record is given to green tea's antioxidants, known as catechins, which can help prevent free-radical damage to our DNA. Blueberries, dark chocolate, red wine, spinach, and other fruits and vegetables are also known to be high in

antioxidants.

Researchers in Japan have recently found a correlation between green tea drinking and a lower rate of "functional disability," classified as problems with daily activities such as bathing, housework, shopping, and other routine tasks, in elderly subjects. The study also indicates that more cups per day might be better--those who drank five cups daily were the least likely to report problems. The study "Green Tea Consumption and the Risk of Incident Functional Disability in Elderly Japanese" was published in the *American Journal of Clinical Nutrition*.

Steep green tea for shorter amounts of time at a temperature just below boiling to avoid a bitter brew. It is also customary to forego milk and sugar,

though in Morocco, green tea is often served with mint. Once you've finished your cup, dry the leaves by squeezing out water and spreading them out on a paper towel. They'll then do double duty as a deodorizer in your house, or a nitrogen-rich fertilizer in your garden!

*Sometimes the
cure for
restlessness is
rest.*

-Colleen Wainwright

Happy 4th of July!

I hope you all have fun and safe holiday. BBQ and fireworks are my idea of a good time. I will be available on July 4th from 10am-5pm. If you are in town for the weekend and are in need of a massage I still have a few appointments open.

I find the articles in this month's newsletter very informative. "Massage Therapy" shares with you the benefits of making massage a regular part of your life. I am happy to say that I work with many clients who have adopted this philosophy. One aspect of my practice that I enjoy most is the opportunity to provide continuity to a client's massage experience. Each time a client returns for a massage the better I get to know them and their particular needs.

"Put Your Best Face Forward" offers great simple advice on skin care and how to help keep you looking young. "Gifts of Green Tea" shares the many benefits of that little green leaf. I like it on ice with a little honey on a hot day.

I have been having a lot of new clients coming to me by way of referrals. It means so much to me knowing that you are recommending me to your friends. I always am striving to provide the best massage so Thank You for your vote of confidence in me.

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